

## NUTRITIOUS SCHOOL MEALS

We aim to provide products and menu solutions that help your school:

**MEET** the school meal nutrition requirements for sodium and whole grains

**REDUCE** added sugars in school breakfasts

**IMPLEMENT** more scratch cooking

**SERVE** the needs of the diverse culture of students

## DID YOU KNOW?

Many products you recognize from the grocery store are different than what is served in school each day. Some of familiar brands that kids know and love have been specially developed for K-12 school meals programs. These products help your school's foodservice team meet the nutrition standards and meal pattern requirements for school meals.

Also, many cereals and yogurts meet the Child and Adult Care Food Program (CACFP) sugar requirements.



## SCHOOL BREAKFAST BENEFITS

Compared to foods from the grocery store, restaurants and other sources, school meals give kids more whole grains, fruits, vegetables, beans, and less sugar sweetened drinks, refined grains, added sugar and saturated fat.<sup>4</sup>

### KIDS WHO EAT SCHOOL BREAKFAST GET:<sup>5</sup>

- ✓ More whole grains
- ✓ More fat free and low fat dairy
- ✓ Fewer calories
- ✓ More fruit and 100% fruit juice
- ✓ Less total and saturated fat

# NUTRITION FACTS

FOR PARENTS AND GUARDIANS

## ABOUT CACFP

The Child and Adult Care Food Program (CACFP) is a federal program that provides reimbursements for nutritious meals and snacks to eligible children at participating child care centers, and day care homes.<sup>3</sup>

### WHAT ARE THE CACFP SUGAR GUIDELINES?

- ✓ **YOGURTS:** 23 grams or less of total sugar in 6 oz of yogurt
- ✓ **CEREALS:** 6 grams or less of sugar per ounce of cereal



## WHOLE GRAINS

Ready to eat cereal is a top source of whole grain in kids and teens.<sup>1</sup>



## CEREAL

Research has shown that kids who eat cereal have higher intakes of nutrients like calcium, iron, vitamin D and fiber. Cereal eaters also have higher intakes of whole grains and dairy.<sup>1</sup> All of these nutrients play an important role in supporting overall better diets and health.



## YOGURT

Did you know that yogurt is one of the top sources of vitamin D in the diets of kids, ages 2-12?

And kids who eat yogurt get 48% more vitamin D and 28% more calcium compared to non-yogurt eaters. Eating yogurt is more likely to help students meet dairy recommendations.<sup>2</sup>



## SODIUM

USDA requirements for sodium are followed by school nutrition professionals when making menus for breakfast and lunch.

Products that are lower in sodium help school meal programs balance their menus throughout the week and stay within sodium targets.

<sup>1</sup> NHANES 2017 - 2018  
<sup>2</sup> NHANES 2015 - 2018

<sup>3</sup> "Child and Adult Care Food Program." Food and Nutrition Service U.S. Department of Agriculture, [www.fns.usda.gov/cacfp](http://www.fns.usda.gov/cacfp).

<sup>4</sup> Liu J. et al. Trends in Food Sources and Diet Quality Among US Children and Adults, 2003-2018. JAMA Network Open. 2021;4(4):e215262. doi:10.1001/jamanetworkopen.2021.5262

<sup>5</sup> U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Nutrition and Meal Cost Study, Final Report Volume